MO’s RECIPE
2:1 RATIO

MO’s PARTY SIZE BIRTHDAY CAKE

- 132g Butter
- 294g Eggs
- 18g Cocoa – BOURNVILLE
- 30g Dark chocolate – LINDT 90% Cacao dark supreme
- 78g Olive oil
- 84g Soya flour – full fat
- 18g Cornflour
- 72g Ground almonds – MORRISONS
- 48g NATVIA sugar free icing mix – available on line (e.g. Amazon)

You will also need 3 teaspoons of BARKAT baking powder and 15mls of liquid sweetener.

Pre heat oven to 190 c / fan 170 c / gas 5.
Reserve the butter, NatVia and Lindt chocolate.
Mix together the cocoa, cornflour, almonds, soya and Barkat.
Mix in the egg, oil and sweetener and beat well.
Divide between two greased 7 inch sandwich tins and bake in pre heated oven for approximately 20 minutes.
Beat the butter until light and creamy and then beat in the NatVia. This makes a really nice butter icing, use half to sandwich the cakes together, then top with the remainder.
Use grated chocolate to decorate.

Mo’s tip: If you feel ambitious you could melt the chocolate and use to make decoration.

This divides into 12 decent slices. Each slice is: 25g fat / 9g protein / 4g CHO

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION